

6-Week Program to JUMP START or KEEP you going on your fitness program!

Fitness Star Challenge 2011

Sign up!

Monday, Sept 19th to Thursday, Sept 29th

Start tracking

Monday, October 3rd

Program ends

Sunday, November 13th

- The challenge is to use the Salt River Disease Prevention Program's fitness centers & group exercise classes or *Two Water Fitness Center 3 days or more to earn your workout stars.
- Participants will earn workout stars for every workout sessions that are 30 minutes or more of continuous exercise sessions. The minimum weekly goal is 3 days equaling 120 minutes per week.
- Earn extra stars by participating in 2 days of workouts at home ("Pop in that Zumba DVD or move those clothes OFF that treadmill!"), outdoor activities ("Go hiking or ride your bike!") or utilize your membership at your local gym ("You're paying for it, use it!").

****Program open to SRPMIC Community Members, Community Residents, Tribal Employees, and Enterprise Employees****

**The Two Water Fitness Center is only open to Tribal employees*

BE A FITNESS STAR!

Sign up at the Salt River Fitness Center
Question call 480-362-7320